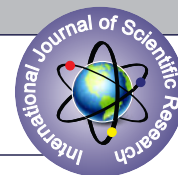


A PRE-EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING ANGER MANAGEMENT AMONG ALCOHOL DEPENDENT PATIENTS IN SELECTED DE-ADDICTION CENTERS AT KOLHAPUR.



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ABSTRACT

Alcoholism, also known as alcohol use disorder (AUD), is a broad term for any drinking of alcohol that results in mental or physical health problems. The disorder was previously divided into two types: alcohol abuse and alcohol dependence. Family of alcohol dependents suffer from deep emotional issues, marital disruption, poor cohesion, expressiveness and communicational problems and lack of hierarchical boundaries. Families experiencing problems with alcohol dependence are fragile. Alcohol addiction usually has strong negative effects on marital relationship. There are many significant cost alcoholism exacts upon family, one of its most detrimental may be its negative effects upon the children who grow up with the alcohol dependent parents. The family members of the alcohol dependent person also suffer in the background. Family of alcohol dependents suffer from deep emotional issues, marital disruption, poor cohesion, expressiveness and communicational problems and lack of hierarchical boundaries. Families experiencing problems with alcohol dependence are fragile. Alcohol addiction usually has strong negative effects on marital relationship. There are many significant cost alcoholism exacts upon family, one of its most detrimental may be its negative effects upon the children who grow up with the alcohol dependent parents. A pre-experimental study to evaluate the effectiveness of planned teaching program on knowledge regarding anger management among alcohol dependent patients in selected de-addiction centers at Kolhapur was conducted by researcher.

Objectives Of The Study:

1. To identify the pre test knowledge scores regarding anger management among alcohol dependent patients.
2. To evaluate the effectiveness plan teaching program on knowledge regarding anger management among alcohol dependent patients.
3. To determine the association between the pre test knowledge score regarding anger management with selected demographic variables among alcohol dependent patients.

Method:

A pre-experimental, one group pretest and post test research design was chosen, which consisted a group of 60 samples which were selected by using non-probability convenient sampling technique. Data was collected by using structured knowledge questionnaire on anger management in Navchaitanya de-addiction center at Kolhapur, Maharashtra. **Result:** The study also revealed that in pre-test majority of the participants 38 (63.33%) had good knowledge, 17 (28.33%) had average knowledge, 5 (8.33%) had very good knowledge and none of participants had poor knowledge. Where in post-test majority of the participants 45 (75%) had very good knowledge, 15 (25%) had good knowledge and none of participants had average and poor knowledge. This indicated that planned teaching program on knowledge regarding anger management was effective in improving the knowledge among alcohol dependent patients. In alcohol dependent patients, there was significant association between pretest knowledge score of anger management among alcohol dependent patients and selected socio demographic variables like gender [$\chi^2_{cal}=27.9$, $\chi^2_{tab}=5.99$]. The calculated Chi-square values were higher than table value at $p<0.05$ level of significance. **Interpretation And**

Conclusion: The study results indicated that in pre-test majority of the participants 38 (63.33%) had good knowledge, 17 (28.33%) had average knowledge, 5 (8.33%) had very good knowledge and none of participants had poor knowledge. Where in post-test majority of the participants 45 (75%) had very good knowledge, 15 (25%) had good knowledge and none of participants had average and poor knowledge. The study concluded that planned teaching program on knowledge regarding anger management was effective in improving the knowledge among alcohol dependent patients. There was significant association between pretest knowledge score of anger management among alcohol dependent patients and selected socio demographic variables like gender. The calculated Chi-square values were higher than table value at $p<0.05$ level of significance.

KEYWORDS

Evaluate, Effectiveness, Planned teaching program, Anger management, Alcohol dependent.

INTRODUCTION

Alcohol is a universal problem and of a great public health concern. Alcohol addiction is now the third leading cause of life style choice death. Nearly 2.5 million people worldwide die each year due to the harmful effects caused by alcohol addiction. According to world health organization 2014 report, episodes of heavy drinking among Indian population was 3.2% in male and less than 0.1% in female aged 15 years and above. The prevalence of alcohol use disorders was found to be 4.5% and 3.8% respectively among males aged 15 years and above and in females it was 0.6% and 0.4% respectively. Age standardized death rate related to liver cirrhosis in male was 39.5 and in female was 19.6.¹

Family of alcohol dependents suffer from deep emotional issues, marital disruption, poor cohesion, expressiveness and communicational problems and lack of hierarchical boundaries. Families experiencing problems with alcohol dependence are fragile. Alcohol addiction usually has strong negative effects on marital relationship.

There are many significant cost alcoholism exacts upon family, one of its most detrimental may be its negative effects upon the children who grow up with the alcohol dependent parents.² The family members of the alcohol dependent person also suffer in the background. The children of alcoholic dependent parents are the unwilling victims of the

problem which generally is the center of their childhood existence, and therefore shapes their personality and behavior as adults.

The family of alcohol dependent individuals has the problems of indulge in problem behavior and the partners have been found to engage in more verbal and physical aggression. 85% of men who behave violent towards their wives are frequent or daily users of alcohol. More than 50% of the abusive incidents are under the influence of alcohol. An assessment showed that domestic violence reduced to one tenth of previous levels after alcoholism treatment.²

Methods And Data Collection

The various reviews of literatures were done. An intense search of related literature was carried out, guided by guide for developing an appropriate tool items and checked for ambiguity and error. Modifications were made in consultation with guide and other expertise from mental health nursing

A pre-experimental, one group pretest and post-test research design was chosen., which consisted a group of 60 samples which were selected by using non-probability convenient sampling technique. Data was collected by using structured knowledge questionnaire on anger management in Navchaitanya de-addiction center at Kolhapur, Maharashtra.

RESULT:

The study also revealed that in pre-test majority of the participants 38 (63.33%) had good knowledge, 17 (28.33%) had average knowledge, 5 (8.33%) had very good knowledge and none of participants had poor knowledge. Where in post-test majority of the participants 45 (75%) had very good knowledge, 15 (25%) had good knowledge and none of participants had average and poor knowledge. This indicated that planned teaching program on knowledge regarding anger management was effective in improving the knowledge among alcohol dependent patients.

In alcohol dependent patients, there was significant association between pretest knowledge score of anger management among alcohol dependent patients and selected socio demographic variables like gender [χ^2 cal=9.1276, χ^2 tab=15.5073]. The calculated Chi-square values were higher than table value at $p < 0.05$ level of significance.

Table 1: frequency and percentage distribution of pre-test and post-test knowledge score of alcohol dependent patients n = 60

Knowledge score	Pre-test score		Post- test	
	f	%	f	%
Very good (22 - 28)	5	8.33%	45	75%
Good(15-21)	38	63.33%	15	25%
Average(8-14)	17	28.33%	0	0
Poor (0 - 7)	0	0	0	0

Table 2: Findings related to Association between pretest knowledge scores of anger management with their selected socio demographic variables.

Sr. No.	Demographic variables	Df	Calculate d value	Table value	Inference
1.	Age	8	9.1276	15.5073	N S
2.	Gender	2	27.9	5.9915	S
3.	Marital status	2	1.9898	5.9915	N S
4.	Religion	2	3.0826	5.9915	N S
5.	Educational status	8	13.0818	15.5073	N S
6.	Duration of drinking	6	3.0818	12.5916	N S
7.	Frequency of drinking	6	5.0565	12.5916	N S
8.	Occupation status	10	8.7697	18.307	N S

Denotes NS= Not Significant, S = Significant

DISCUSSION

The present study had been undertaken to evaluate the effectiveness of anger management among alcohol dependent patient

1. Findings related to distribution of selected socio-demographic variables of participants.

In this present study, majority of the participants 25 (41.66%) belonged to the age group of 31 – 40 years, 14 participants were of (23.33%) belonged to the age group of 41 – 50, 9 participants (15%) belonged to the age group of 21 – 30 & 9 participants are belong to the age group of 51- 60, and only 3 participants (5%) belonged to above 61-70 years of category. Majority of the participants 60(100%) were male.

A contradictory study was conducted in Bangalore among pre-university students on knowledge and effect related to alcoholism. The sample selected for the study includes 50 and the age group of 18-21yrs of pre-university students and simple random sampling method was used. The data was collected by using structured questionnaire. Results showed the overall mean knowledge was found to be more (68.8%) about general information on alcohol than the knowledge on the effects of alcohol (33.2%)⁹.

2. Findings related to frequency and percentage distribution of pretest knowledge score of anger management among the alcohol dependent patients.

The study also revealed that in pre-test majority of the participants 38 (63.33%) had good knowledge, 17 (28.33%) had average knowledge, 5 (8.33%) had very good knowledge and none of participants had poor knowledge. Where in post-test majority of the participants 45 (75%) had very good knowledge, 15 (25%) had good knowledge and none of participants had average and poor knowledge. This indicated that planned teaching program on knowledge regarding anger management

was effective in improving the knowledge among alcohol dependent patients.

The similar study was conducted in Bangalore among pre-university students on knowledge and effect related to alcoholism. The sample selected for the study includes 50 and the age group of 18-21yrs of pre-university students and simple random sampling method was used. The data was collected by using structured questionnaire. Results showed the overall mean knowledge was found to be more (68.8%) about general information on alcohol than the knowledge on the effects of alcohol (33.2%)⁹.

A similar study was conducted to assess the effectiveness of planned teaching program (ptp) on knowledge of rural adults regarding effects of alcoholism at Challaghatta village, Bangalore, Karnataka state, India. One group pre-test post-test research design was adopted for the present study. The structured interview schedule was developed to collect data. The result shows that, the assessment of knowledge level of adults regarding effects of alcoholism revealed that the mean pretest was 9.6 with SD 3.06. Mean post-test was 20.04 with SD 1.6 and enhancement mean score 10.8 with SD 1.08 and paired t value 9 which shows statistically significant at $p > 0.05$ level. The study concluded that the planned teaching program on knowledge of rural adults regarding effects of alcoholism was effective in improving the knowledge of rural adults regarding effects of alcoholism¹⁰.

3. Findings related to association between knowledge score with their selected socio demographic variables

In present study, alcohol dependent patients, there was significant association between pretest knowledge score of anger management among alcohol dependent patients and selected socio demographic variables like gender [χ^2 cal=27.9, χ^2 tab=5.99]

A similar study was assessed that trait Anger and Partner-Specific Anger Management Moderate the Temporal Association between Alcohol Use and Dating Violence. Alcohol was significantly associated with increased odds of physical aggression among men with relatively high but not low trait anger and partner-specific anger management deficits. In contrast, alcohol was significantly associated with increased odds of sexual aggression among men with relatively low trait anger and partner-specific anger management deficits.¹¹

A national epidemiologic survey was conducted on alcohol and related conditions, to estimate the prevalence of alcohol and dependence. The data was collected (n=43,093), and the age group of 18-21yrs in Nigeria. We examined differences in socio-demographic questionnaires we examined differences in socio-demographic questionnaires, we examined differences in characteristics, medical co morbidities, clinical correlates, and treatment- utilization patterns of men (n=2,974) and women (n=1,807) with life time alcohol dependence. Descriptive statistical analysis was performed using the mean, and standard deviation and odds ratio. This study concluded that gender differences in the psychiatric co morbidities, risk factors, utilization patterns among individuals with life time alcohol dependence.¹²



Graph 1: Bar diagram showing frequency and percentage distribution of pre-test and post-test knowledge score regarding anger management among alcohol dependent patients.

CONCLUSION

The study results indicated that in pre-test majority of the participants 38 (63.33%) had good knowledge, 17 (28.33%) had average knowledge, 5 (8.33%) had very good knowledge and none of participants had poor knowledge. Where in post-test majority of the participants 45 (75%) had very good knowledge, 15 (25%) had good knowledge and none of participants had average and poor knowledge.

The study concluded that planned teaching program on knowledge regarding anger management was effective in improving the knowledge among alcohol dependent patients.

There was significant association between pretest knowledge score of anger management among alcohol dependent patients and selected socio demographic variables like gender. The calculated Chi-square values were higher than table value at $p < 0.05$ level of significance.

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